



Loudoun County Health Department

"Working to ensure and improve the health of the residents of Loudoun County"



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Spotlight on Our Staff... Caroline Curry, Dental Assistant 6 Years with the Health Department

I feel the Loudoun County Dental Clinic is a vital part of our community. Without us, a lot of our less fortunate residents would have nowhere to take their children for essential dental care.

Our eligibility process for services, funded by both the state and Loudoun County, makes it affordable to receive the highest quality care in our up-to-date Leesburg facility.

I feel preventive care is of utmost importance. Going to the dentist on a regular basis and having fluoride and sealants placed on newly erupted teeth is critical. After all, your teeth are one of the first things we see when meeting someone.

Going to the dentist does not have to be a frightening experience. Being compassionate and reassuring a person when scared makes a big difference. It makes me proud to know I am helping someone to have a pleasant experience and a pretty smile.

"A SMILE IS FOREVER!"

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February is National Children's Dental Health Month

National Children's Dental Health Month began as a one-day event in Cleveland Ohio, on February 3, 1941. The American Dental Association held the first national observance of Children's Dental Health Day on February 8, 1949. In 1981, the program was extended to a month long celebration known today as National Children's Dental Health Month.

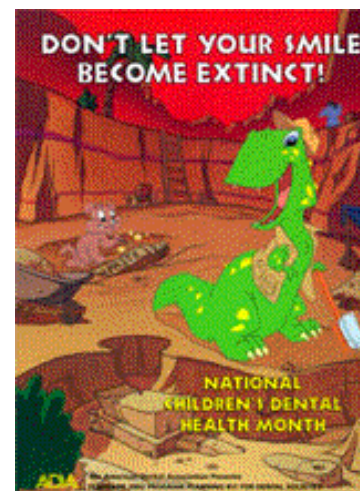
The theme for this year is **"Don't Let Your Smile Become Extinct!"**

Attitudes and habits established at an early age are critical in maintaining good oral health throughout life. You can get your child's dental health off to a good start by beginning to brush their teeth with a little water as soon as the first tooth appears.

Children should be taught to spit out the remaining toothpaste and rinse with water after brushing. Most children will be able to brush on their own by age six or seven. Parents should be using floss or an interdental cleaner on their child's teeth as soon as any two teeth touch.

Once their permanent teeth come in, you can cut down the chances that a cavity will form by continuing to promote regular tooth brushing and flossing. In addition, consider talking with your child's dentist about dental sealants and fluoride rinses.

More information on dental health is available from the American Dental Association at www.ada.org.



Nitrates

What are nitrates?

Nitrogen is a critical part of our diet and is a major component of the proteins our bodies use to carry out essential functions. It is also a key component of fertilizers applied to help plants grow.

Nitrogen can be combined with hydrogen by animals to form ammonium. Nitrogen can also be combined with oxygen to form nitrates and nitrites.

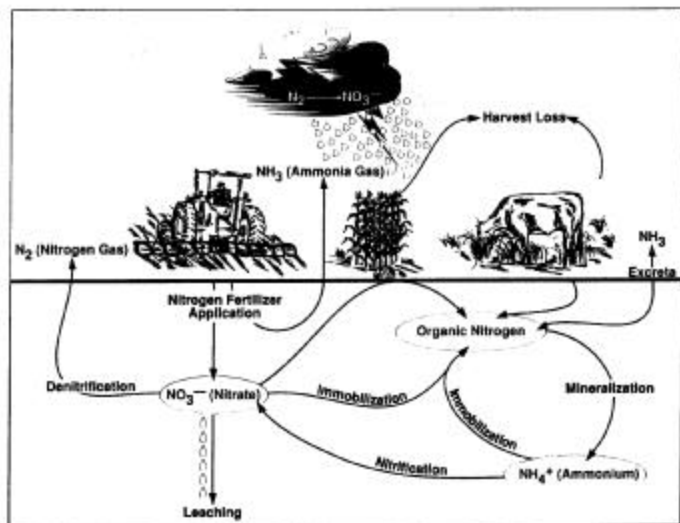


Figure 1. The nitrogen cycle University of Arkansas, 1993

Where do nitrates come from?

Nitrates form in the soil when fertilizers, decaying plants, manure, or other organic residues are broken down by bacteria. Usually plants take these nitrates up, but sometimes rain or irrigation water can leach them into groundwater. Although nitrates occur naturally in some groundwater, higher levels are thought to be the result of human activities in most cases.

The principal sources of dietary nitrate intake are the foods we eat (especially green vegetables), tobacco smoke, and contaminated drinking water.

For example, nitrate levels (in parts per million) of some common vegetables are:

- Cabbage: 200 to 352
- Lettuce: 600 to 1700
- Carrots: 100 to 900

(Council for Agricultural Science and Technology)

What are the potential health risks from drinking nitrates?

Excessive levels of nitrates in drinking water cause serious illness and sometimes death in infants under six months of age. The illness in infants is caused because nitrate is converted to nitrite in the body. Nitrite interferes with the ability of an infant's blood to carry oxygen. This condition is called methemoglobinemia, or blue baby syndrome, and may require immediate expert medical attention.

Who regulates nitrate levels and what do those regulations pertain to?

The United States Environmental Protection Agency (EPA) and the Virginia Department of Health (VDH) regulate nitrate levels in public drinking water. Loudoun County extends that regulation to private wells. All three agree on a maximum contaminant level (MCL) of 10 parts per million (ppm).

In addition to these drinking water standards, VDH has a draft regulation for mass drainfields that uses a 5 ppm MCL. The Virginia Department of Environmental Quality (DEQ) also uses a 5 ppm MCL groundwater standard; DEQ, though, has created a "de facto" variance to this standard for onsite septic disposal systems.

Are even lower levels of nitrates harmful?

A May 2001 article in the journal *Epidemiology* (www.epidem.com) found an association between low levels of nitrates in drinking water and an increased risk of being diagnosed with bladder and ovarian cancers. Importantly, this same study found no overall association between cancer and nitrate levels and also found an association between higher nitrate levels and a **lower** risk of uterine and rectal cancers.

Where can I get further information on nitrates?

For further information on the safety of nitrates in our drinking water, feel free to contact the Loudoun County Health Department at (703) 777-0234.

You can also find nitrate information online from:

VDH at www.vdh.state.va.us/onsite/index.htm

EPA at www.epa.gov/safewater/dwh/c-ioc/nitrates.html

DEQ at www.deq.state.va.us/wqs/#vawqs

Smoke Free Dining Guide

Restaurants that have separated smoking and nonsmoking sections cannot eliminate your exposure to the toxins from secondhand smoke. Trying to have a smoke-free section of a restaurant is like trying to have a chlorine-free section of a swimming pool!

Benefits of smoke-free dining:

- Elimination of health risks associated with secondhand smoke, such as asthma.
- Clean air makes the food smell and taste better.
- You won't smell like cigarette smoke after you've left the restaurant.

The POSITIVE CHOICES Coalition of Loudoun County invites you to visit the following restaurants in the area. All support a smoke-free experience.

Aldie

Little Apple Pastry

Ashburn

Ashburn Bagel Shop
Ashburn Cafe
Ashburn Icehouse Snack Bar
Beaumeade Cafe
Burger King
Chin-Chin Cafe
Dulles Town Center Food Court
Kentucky Fried Chicken
McDonalds
Old Dominion Brewing Co
Pedal Stop Ice Cream
Starbucks Coffee
Subway



Leesburg

Andy's Pizza & Sub
Baskin Robbins / Dunkin Donuts
Best Western Dining Room
Burger King
China King Restaurant
Comfort Suites Breakfast Bar
Deli South
La Villa Roma
Laurel Brigade Inn
Leesburg Amoco Food Mart
Leesburg Corner Food Court
Leesburg Restaurant
Mama Lucci Restaurant
McDonalds
Pizza Hut of Leesburg
Popeye's Rest
River Creek Country Club
Rj's Deli & Store
Roy Rogers
South Street Under
Starbucks Coffee
Stonehouse Tea Room
Subway Sandwich and Salad
Taipei Cafe
TCBY
The Ledges Restaurant
Tpx Express
Wendy's
West Loudoun Street Cafe

Lovettsville

Dinner In The Garden

Middleburg

Dank's Deli
Washington Street Grill

Purcellville

Dunkin Donuts
McDonalds
Subway
Sweet T's Ice Cream & Deli

South Riding

South Riding Golfer's Club
Subway



Sterling

Algonkian Golf Course
Snack Bar
Aoba
Barnie's Coffee & Tea Co.
BBQ Country Marketplace
Boston Market
Buffalo Wing Factory & Pub
Burger King
Byblos
Chantilly's
Costco
Country Inn & Suites
Dairy Queen
Deli Italiano
Dunkin Donuts
Emilio's Brick Oven Pizza
Euro Cafe
Friendly's Restaurant
Heavenly Ham
Kentucky Fried Chicken /
Taco Bell
McDonalds
Messier Services
Popeye's
Saigon Cafe
Shalimar Sweet
Starbucks Coffee
Sterling Amoco Food Shop
Subway Sandwich
U & I Cafeteria
Vietnam 75 Restaurant
Wendy's
Yound's Deli

Loudoun County's Adult Dental Clinic

Loudoun County now has a Dental Clinic for adults who can't afford treatment with a private dentist. Four patients are scheduled to be seen each Tuesday evening from 6:00 p.m. until 9:00 p.m.



The Adult Dental Clinic provides exams and fillings to eligible patients. The charge for the visit is only \$10. No cleanings, extractions, partials

or dentures are provided.

Eligibility for services is determined by the Loudoun County Department of Social Services. Those interested should call the Department of Social Services at (703) 777-0353 and tell them you would like to be a patient at the Dental Clinic. They will assign you a case worker who will conduct an eligibility screening for you.

If you are income eligible, the worker will then have you fill out a short patient information and health history form. If there are no health risks or complications, someone will call you within a few days to set up your appointment.

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Leesburg, VA 20177
ADDRESS CORRECTION REQUESTED

Health Department Information

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Environmental Health Division (703) 777-0234
1 Harrison Street, SE, Leesburg 20177

Health Clinic (703) 777-0236
102 Heritage Way, Leesburg 20176

Please Visit Our Web Sites on the Internet:

Virginia Department of Health: <http://www.vdh.state.va.us>

Loudoun County Department of Health:
<http://www.loudoun.gov/depts/health.htm>

Important Dental Clinic Information

- The clinic is held on the first floor of the Shenandoah Building in Leesburg each Tuesday evening.
- Eligibility is determined by Social Services at (703) 777-0353.
- Eligible patients will be scheduled by the Health Department.
- Patients who fail to show up without canceling their appointment will not be rescheduled.
- There is a mandatory \$10 fee that must be paid in cash at the time of the visit.